R E P O R T R E S U M E S

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LONG BEACH CITY COLLEGE CONTENT OUTLINES FOR COURSES IN HOME ECONOMICS-RELATED OCCUPATIONS.

LONG BEACH CITY COLLEGE, CALIF.

PUB DATE AUG 65

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DESCRIPTORS- *OCCUPATIONAL HOME ECONOMICS, *CURRICULUM GUIDES, *FOOD SERVICE WORKERS, ADULT VOCATIONAL EDUCATION, NEEDLE TRADES, FOOD, SEWING INSTRUCTION,

INFORMATION ON REVISED HOME ECONOMICS RELATED OCCUPATIONS COURSES IS PRESENTED FOR (1) TRADE COOKS, (2) KITCHEN HELPERS, (3) PANTRYMEN, (4) FRY COOKS, (5) DINNER COOKS, (6) BAKERS AND PASTRYMEN, (7) MEAT CUTTERS, (8) HOTEL, RESTAURANT AND INSTITUTIONAL COOKS, AND (9) INDUSTRIAL SEWING WORKERS. THE TIME REQUIRED, PREREQUISITES, PURPOSE, CATALOG DESCRIPTION, AND COURSE CONTENT OUTLINE ARE INCLUDED FOR EACH COURSE. THIS ARTICLE WAS PUBLISHED IN "ILLINOIS TEACHER OF HOME ECONOMICS," VOLUME 9, NUMBER 4. (MS)

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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CURRICULUM DEVELOPMENT IN HOME ECONOMICS EDUCATION

Foreword. . . . . .

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Long Beach City College Content Outlines for Courses in Home Economics-Related Occupations 1

VT02455

Long Beach City College Content Outlines for Courses
in Home Economics-Related Occupations.

Long Beach City College of Long Beach, California, has generously agreed to share course outlines for home economics-related occupations with readers of the Illinois Teacher of Home Economics. These were received by the Illinois Teacher in August, 1965. Gerald Daniel, Dean of Instruction, of the College stated that, "We've recently had a change in our curriculum in trade cooking and we're hoping that these changes will better adapt our program to the needs of our students and the community... note that we've changed the title of Vocational Sewing to Industrial Sewing."

The course outlines that follow were developed for programs to prepare workers for the following occupations: culinary occupations (apprentice cooks, fry cooks, dinner cooks, pastry chefs, hotel and restaurant institutional cooks, kitchen helpers, pantrymen, meat cutters) and industrial sewing.

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Division BTD Department Culinary Occupations Date 12-1-63

Culinary Occupations 420A-H — Trade Cooking — 4 (32) Four Yrs.
Name and Number of Course — Descriptive Title — Semester Units

Smith-Hughes Classification: Evening Trade Extension
Number of Semesters: 8
Number of weeks per Semester: 18

Total Weeks per Year: 36

Number of Years: 4

Sessions Per Week: 2
Hours per Session: 3
Hours per Week: 6
  Lecture or Theory: 3
  Laboratory: 3
Total Hours (Course): 864
  Lecture or Theory: 432
  Laboratory: 432

Prerequisites:

Must be an indentured apprentice

Purpose of Course:

Provides related instruction to supplement practical training received on the job as an apprentice cook.

Catalog Description:

Kitchen equipment; care and storage of foods; preparation of vegetables, salads, entrees, pastries, soups and sauces; kitchen management; hygiene and sanitation; nutrition; menus; laws and regulations; safety practices; employer-employee relations.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.

Instructor(s) _____ Dean of Instruction _____

Department Head, Coordinator, or Dean of School _____ Divisional Dean _____

Course Name and Number Trade Cooking Cul. Occ. 420A-H

COURSE CONTENT:

FIRST YEAR

I. Kitchen Workers and Kitchen Organization
   - A. Stations and duties in commercial kitchens
     1. Small kitchen organization
     2. Large kitchen organization
     3. Tools and equipment (use of)
   - B. Kitchen sanitation regulations
     1. Local and county regulations
     2. Kitchen sanitation
     3. Personal hygiene

II. Pantry Work
   - A. Dressings (kinds and uses)
   - B. Salad making (preparation of various types)
   - C. Appetizers
   - D. Pantry service

SECOND YEAR

I. Meat - A study of cuts and their uses in hotel and restaurant kitchens
   - A. Beef
   - B. Pork
   - C. Lamb
   - D. Veal
   - E. Fowl
   - F. Fish
   - G. Meat handling
     1. Regulations covering handling
     2. Refrigeration

II. Fry cook duties and station
   - A. Vegetable cooking
   - B. Griddle and pan frying
   - C. Eggs (cooked in liquid and dry heat)
   - D. Deep fat frying
   - E. Broiler
   - F. Steam table and dish-up station

Note: Sanitation, safety instruction and trade nomenclature included.

Course Name and Number Trade Cooking Cul. Occ. 420-A

COURSE CONTENT:

THIRD YEAR

I. Dinner Cook Duties and Station
   A. Cooking meat and fish in water
   B. Roasting of various kinds of cuts of meat
   C. Sauteing
   D. Braising
   E. Soups (preparation and cooking of various types)
   F. Sauces and gravies (preparation and uses)
   G. Stuffings (preparations and uses)
   H. Batters and doughs
   I. Puddings (preparation of various kinds)

Note: Approved kitchen sanitation and safety practices in the preparation and cooking of foods stressed. Trade nomenclature included.

FOURTH YEAR

I. Food Combinations (study of)
   Menu planning (correct food combinations)

II. Pastry Chef Duties and Station
   A. Various doughs and batters
   B. Puddings
   C. Cakes
   D. Pies
   E. Icings and decorations
   F. Ice carving

III. Costs
   A. Ordering supplies and materials
   B. Inventories
      1. Setting up
      2. Maintaining
   C. Over-all kitchen costs in relation to price setup and volume of business

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Division BTD Department Culinary Occupations Date 12-1-63

Culinary Occupations 800A-D	Trade Cooking	12 (48) Two Years
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification Unit Day Trade
Number of Semesters 4
Number of Weeks Per Semester 18

Total Weeks Per Year 36

Number of Years 2

Sessions Per Week 5
Hours Per Session 5
Hours Per Week 25
Lecture or Theory 5
Laboratory 20
Total Hours (Course) 1800
Lecture or Theory 360
Laboratory 1440

Prerequisites:

High school graduate or person over 18 years of age and able to pass required entrance tests.

Purpose of Course:

A preparatory course covering the development of all the skill requirements necessary to become employable in a commercial kitchen as a fry cook, dinner cook, pastry chef, or Garde Manger.

Catalog Description:

Basic skills of commercial cooking including preparation of vegetables, salads, sandwiches, entrees, pastries and specialty dishes; nutrition; menus; supplies; kitchen management; hygiene and sanitation; safety practices; employer-employee relations.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.

Instructor(s) _____ Dean of Instruction _____

Department Head, Coordinator, Or Dean of School _____ Divisional Dean _____

Course Name and Number Trade Cooking Cul. Occ. 800A-D

Course Content:

1. Kitchen Porter miscellaneous worker
2. Dish and pot washer
3. Pantryman's helper
4. Cook's helper
5. Hand and electric equipment
6. Salads, relishes, and cocktails
7. Salad dressings and sauces
8. Special dishes
9. Ice box desserts
10. Pantry service
11. Vegetable cooking
12. Griddle and pan frying
13. Deep fat frying
14. Broilers
15. Steam table and dish-up station
16. Soups and stocks
17. Sauces
18. Meat entrees
19. Butchering
20. Baking
21. Trade appreciation
22. Selected field trips

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occupations Date 5-12-65

Cul. Occ. 210A	Kitchen Helper Training	8
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification _____
Number of Semesters 1
Number of Weeks Per Semester 12

Total Weeks Per Year _____

Number of Years _____

Session Per Week 5
Hours Per Session 5
Hours Per Week 25
  Lecture or Theory 5
  Laboratory 20
Total Hours (Course) 300
  Lecture or Theory 60
  Laboratory 240

Prerequisites: Permission of instructor

Purpose of Course:
To assist student in preparatory training for commercial cooking.

To provide experience helping other kitchen employees in the preparation of vegetables, salads, soups, sandwiches, entrees, pastries, and specialty dishes.

To provide knowledge of nutrition, menus, supplies, hygiene and sanitation, and safe practices.

Catalog Description:

Basic skills of commercial cooking, including preparation of vegetables, salads, soups, sandwiches, entrees, pastries, and specialty dishes.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.
(See next page)

Instructor(s) _____ Dean of Instruction _____

Department Head, Coordinator _____ Chairman, Vocational Area Committee _____

Course Name and Number Kitchen Helper Training

Cul. Occ. 210A

Course Content:

I. Pantryman' Helper

A. Cleaning all types of vegetables for salads
B. Cleaning all types of fruit for salads
C. Cutting fruit and vegetables for salads
D. Preparing garnishes for salads
E. Assembling ingredients for salad dressing
F. Slicing cold meats and cheese by machine
G. Chopping vegetables for salads by machine

II. Dish and Pot Washer

A. Washing chinaware by hand
B. Washing chinaware by machine
C. Washing glass and silverware by hand
D. Washing pots
E. Washing kitchen machine units
F. Washing glass and silverware by machine

III. Kitchen Porter

A. Cleaning garbage can
B. Scrubbing floor
C. Cleaning benches and tables
D. Cleaning sinks
E. Cleaning broiler or salamander
F. Cleaning stove
G. Cleaning steam table
H. Cleaning refrigerator
I. Cleaning kitchen machines

IV. Cook's Helper

A. Cleaning leafy type vegetables for storage
B. Cleaning root and tuber type vegetables for storage
C. Cleaning bud, flower, and stem type vegetables for storage
D. Storing staple supplies in store-room
E. Storing meats in refrigerator
F. Packing fish box in deep-freeze
G. Storing poultry and eggs
H. Preparing leafy type vegetables for cooking
I. Preparing root and tuber type vegetables for cooking
J. Preparing bud, flower, and stem type vegetables for cooking
K. Grinding meat for storage
L. Molding meat balls to specific size
M. Blanching stew meat
N. Straining soup stock
O. Breading meats for frying

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occupations Date 5/12/65

Cul. Occ. 210B	Pantryman Training	4
Name and Number of Course (Catalog Designation)	Descriptive Title	Sem. Units

Smith-Hughes Classification _____
Number of Semesters 1
Number of Weeks Per Semester 6

Total Weeks Per Year _____

Number of Years _____

Sessions Per Week 5
Hours Per Session 5
Hours Per Week 25
  Lecture or Theory 5
  Laboratory 20
Total Hours (Course) 150
  Lecture or Theory 30
  Laboratory 120

Prerequisites:

Culinary Occupations 610A

Purpose of Course:

To assist students in preparatory training for commercial cooking.

To provide experiences similar to those required of pantrymen.

To provide knowledge of vegetables, salads, soups, sandwiches, entrees, pastries and specialty dishes; nutrition, menus, supplies, hygiene, sanitation, safety and employer-employee relations.

Catalog Description:

Basic preparatory skills for the pantryman including making of salads, relishes, cocktails, dressings, sauces, buffet, cold meats, icebox desserts.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.
(See next page)

Instructor(s) _____ Dean of Instruction _____

Department Head, Coordinator _____ Chairman, Vocational Area Committee _____

Course Name and Number PANTRYMAN TRAINING Cul. Occ. 210B

Course Content:

I. Pantryman

A. Using hand and electric equipment
1. Dicing celery with French knife
2. Making melon balls with Paresian cutter
3. Slicing eggs with hand-operated egg slicer
4. Operating electric food mixer
5. Slicing cold meats on electric slicer
6. Extracting orange juice with electric extractor

B. Preparing and making salads, relishes, cocktails
1. Salad greens for storage and use
2. Fruits and vegetables for salads
3. Seafoods for salads and cocktails
4. Fruit salad
5. Potato salad
6. Combination vegetable salad
7. Chef's green salad
8. Vegetable aspic salad
9. Sardine canapes
10. Seafood cocktails

C. Making salad dressings and sauces
1. Mayonnaise
2. French dressing
3. Roquefort dressing
4. Tartar sauce
5. Whipped cream
6. Cocktail sauce

D. Preparing for buffet and cold meat service
1. Slicing cold meats or cheese
2. Making cold beef sandwiches
3. Arranging a cold meat plate
4. Arranging assorted relish dish
5. Preparing tomato stuffed with chicken salad
6. Preparing deviled eggs
7. Carving cold chicken

E. Utilizing leftovers for
1. Chicken salad
2. Ham salad
3. Mixed fruit salad
4. Mixed vegetable salad

F. Making ice-box desserts
1. Prune whip
2. Fruit sauce for puddings, etc.
3. Hard sauce
4. Peach Melba
5. Strawberry shortcake
6. Baked Alaska

Course Name and Number PANTRYMAN TRAINING Cul. Occ. 210B

Course Content: (continued)

G. Handling pantry service
   1. Cutting and serving pies and cakes
   2. Preparing dinner salads (specified number)
   3. Preparing and serving combination cold plate
   4. Preparing and serving daily cold sandwich
   5. Preparing and serving a la carte salad bowl

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occupations Date 5-12-65

Cul. Occ. 210C	Fry Cook Training	4
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification _____
Number of Semesters 1
Number of Weeks Per Semester 6

Total Weeks Per Year _____

Number of Years _____

Sessions Per Week 5
Hours Per Session 5
Hours Per Week 25
  Lecture or Theory 5
  Laboratory 20
Total Hours (Course) 150
  Lecture or Theory 30
  Laboratory 120

Prerequisites:
Cul. Occ. 610AB or permission of instructor.

Purpose of Course:

To assist students in preparatory training for commercial cooking.

To provide experiences similar to those required of fry cooks.

To provide knowledge of vegetables, salads, soups, sandwiches, entrees, pastries, and specialty dishes; nutrition, menus, supplies, hygiene, sanitation, safety, and employer-employee relations.

Catalog Description:

A course in basic preparatory skills for the fry cook including vegetable, griddle, pan, deepfrying and broiler cooking, and steam table and dish-up serving.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.
(See next page)

_____ Instructor(s)

_____ Dean of Instruction

_____ Department Head, Coordinator, or Dean of School

_____ Chairman, Vocational Area Committee

Course Name and Number FRY COOK TRAINING Culinary Occupations 210C

I. Vegetable cooking - preparing

A. Mashed potatoes
B. Baked potatoes, in jacket
C. Potatoes au gratin
D. Potatoes rissole
E. Candied yams
F. Creamed carrots
G. Harvard beets
H. Baked macaroni, au gratin
I. Fresh corn on-the-cob
J. Fresh garden spinach
K. Mashed turnips
L. Glazed carrots

II. Griddle and pan frying

A. Preparing and baking hot cakes and waffles
B. Frying eggs (according to order)
C. Making plain omelette
D. Making French toast
E. Grilling ham steak or bacon
F. Pan-broiling sirloin steak
G. Pan-frying chicken fried steak
H. Pan-frying salmon steak
I. Pan-frying pork chops
J. Pan-frying one-half spring chicken (unjointed)
K. Preparing cottage fried potatoes
L. Preparing hash-brown potatoes
M. Preparing American fried potatoes

III. Deep fat frying

A. Chicken croquettes
B. Pineapple fritters
C. Shrimp (breaded)
D. Shrimp (in butter)
E. Breaded veal cutlet
F. French fried potatoes
G. Apple rings
H. Channel cat-fish
I. Scallops
J. Croutons

IV. Broiling

A. Adjusting flames for cooking on gas broiler
B. Chateau-briand
C. Half a chicken
D. Lamb chops
E. One-half lobster on gas broiler
F. Ground round steak on gas broiler
G. One whole salmon on gas broiler

Course Name and Number FRY COOK TRAINING Culinary Occupations 210C

V. Electric steam table and dish-up station

A. Filling steam table with water, and heating to desired temperature
B. Lining up steam table for serving
C. Serving breaded veal cutlet with country gravy
D. Serving chicken croquettes with cream sauce
E. Serving charcoal broiled top sirloin steak, maitre 'd hotel with vegetable and baked potato
F. Serving half broiled lobster with drawn butter, French fried potatoes and vegetable
G. Serving ground round steak with bordelaise sauce, baked potato with cheese sauce, and vegetable

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occ. Date 5/12/65

Cul. Occ. 210D	Dinner Cook Training	8
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification
Number of Semesters 1
Number of Weeks Per Semester 12

Total Weeks Per Year

Number of Years

Sessions Per Week 5
Hours Per Session 5
Hours Per Week 25
Lecture or Theory 5
Laboratory 20
Total Hours (Course) 300
Lecture or Theory 60
Laboratory 240

Prerequisites:

Culinary Occupations 610C or permission of instructor

Purpose of Course:

To assist students in preparatory training for commercial cooking.
To provide experiences similar to those required of dinner cooks.
To provide knowledge of vegetables, salads, soups, sandwiches, entrees, pastries and specialty dishes; nutrition, menus, supplies, hygiene, sanitation, safety and employer-employee relations.

Catalog Description:

Basic skills for the dinner cook including making of soups, batters, sauces and gravies, roasts, sauteed entrees, braised entrees, stuffed entrees and dressings.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheets as necessary. Include course number and title on each extra sheet used.

(See next page)

Instructor(s)

Dean of Instruction

Department Head, Coordinator

Chairman, Vocational Area Committee

Course Name and Number DINNER COOK TRAINING Cul. Occ. 210D

Course Content:

I. Soups - Preparation and Cooking
   A. Chicken stock
   B. Other white stocks (beef, veal, lamb, etc.)
   C. Brown stock
   D. Ham stock
   E. Fish stock (court bouillon)
   F. Vegetable stock
   G. Ordinary consomme of beef
   H. Clarified consomme
   I. Other thin clear soups
   J. Puree of green split pea soup
   K. Other dried vegetable puree soups
   L. Unstrained dried vegetable soups
   M. Cream of tomato soup
   N. Soup Mongol
   O. Cream soups of fresh leafy green vegetables (lettuce, spinach, cabbage, broccoli, etc.)
   P. Manhattan clam chowder
   Q. Boston clam chowder
   R. Fish chowder
   S. A bisque
   T. Various classical vegetable soups using a veloute sauce base
   U. English beef broth with barley
   V. Mock turtle soup
   W. Oxtail soup

II. Sauces - Preparation and Cooking
   A. Basic brown sauce or Espagnole
   B. Mushroom sauce, sauce piquante, pickle sauce, and mustard sauce, using Espagnole as the basiç or "mother sauce"
   C. Cream sauce or Bechamel
   D. Egg sauce, cheese sauce, horseradish sauce, white mustard sauce, parsley sauce, Mernay, using Bechamel as the base
   E. Veloute sauce
   F. Tomato sauce (strained)
   G. Creole sauce
   H. Hollandaise sauce

III. Meat Entrees
   A. Boiling
      1. Beef
      2. Lobsters
      3. Ham
   B. Broiling
      1. Lamb chops
      2. Thick sirloin steak
      3. Chicken
   C. Roasting
      1. Ribs of beef
      2. Turkey
   D. Sauteing
      Breaded veal cutlets
   E. Frying
      Codfish cakes
   F. Stewing
      Beef
   G. Braising
      Beef
   H. Simmering
      Fowl

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occ. Date 5/12/65

Cul. Occ. 220A	BAKER AND PASTRYMAN TRAINING	12
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification
Number of Semesters 1
Number of Weeks Per Semester 18

Total Weeks Per Year

Number of Years

Sessions Per Week 5
Hours Per Session 5
Hours Per Week 25
Lecture or Theory 5
Laboratory 20
Total Hours (Course) 450
Lecture or Theory 90
Laboratory 360

Prerequisites:

Cul. Occ. 610D or permission of instructor.

Purpose of Course:

To review skills of helper, pastryman, fry and dinner cook.
To assist students in preparatory training for commercial cooking.
To provide experiences similar to those required of bakers.
To provide knowledge of vegetables, salads, soups, sandwiches, entrees, pastries and specialty dishes; nutrition, menus, supplies, hygiene, sanitation, safety and employer-employee relations.

Catalog Description:

Basic preparatory skills for the baker including the making of yeast-leavened products, cakes, icings, pies and other pastries.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.
(see next page)

Instructor(s)

Dean of Instruction

Department Head, Coordinator

Chairman, Vocational Area Committee

Course Name and Number BAKER & PASTRYMAN TRAINING Cul. Occ. 220A

Course Content:

I. Making yeast leavened products
   A. Loaf Bread
   B. Clover-leaf rolls
   C. Parkerhouse rolls
   D. Raised dougnuts
   E. Whole-wheat bread
   F. Cinnamon rolls
   G. Danish coffee-cakes
   H. Shortcake biscuits

II. Making cakes
   A. Cup cakes
   B. White layer cake
   C. Gold layer cake
   D. Devil's food layer cake
   E. Sponge cake
   F. Jelly roll (sponge)
   G. Angel-food cake
   H. Pound cake
   I. Fruit cake
   J. Butter cookies
   K. Chocolate-chip cookies
   L. Oatmeal cookies
   M. Ice-box cookies
   N. Butter macaroons
   O. Cream puffs and eclairs

III. Making icings and decorating
   A. Seven-minute icing
   B. Butter icing
   C. Royal icing
   D. Mocha icing
   E. Icing cup cakes or layer cakes
   F. Decorating cakes with roses and ornamental work

IV. Making pies and pastries
   A. Pie crust
   B. Cream pie shells
   C. Apple pie
   D. French apple pie
   E. Cherry pie
   F. Cocoanut cream pie
   G. Custard pie
   H. Pumpkin chiffon pie
   I. Lemon meringue pie
   J. Cabinet pudding
   K. Grape-nut custard pudding
   L. Chocolate blanc mange
   M. English plum pudding
   N. Tapioca pudding and rice pudding
   O. Apple turnovers and fruit tarts

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occ. Date 5-12-65

Cul. Occ. 220B	MEAT CUTTER TRAINING	12
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification
Number of Semesters 1
Number of Weeks Per Semester 18

Total Weeks Per Year

Number of Years

Sessions Per Week 5
Hours Per Session 5
Hours Per Week 25
Lecture or Theory 5
Laboratory 20
Total Hours (Course) 450
Lecture or Theory 90
Laboratory 360

Prerequisites:

Cul. Occ. 620A or permission of instructor.

Purpose of Course:

To review skills of helper, pastryman, fry cook, dinner cook, and baker.
To provide experiences similar to those required of meat cutters.
To assist students in preparatory training for commercial cooking.
To provide knowledge of vegetables, salads, soups, sandwiches, entrees, pastries, and specialty dishes; nutrition, menus, supplies, hygiene, sanitation, safety, and employer-employee relations.

Catalog Description:

Basic skills for the meat cutter including breaking down carcass; trimming roasts, steaks, chops, and cutlets, and specialty meat cuts; machine tenderizing, grinding and sawing.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.
(See next page)

Instructor(s)

Dean of Instruction

Department Head, Coordinator

Chairman, Vocational Area Committee

Course Name and Number MEAT CUTTER TRAINING Cul. Occ. 220B

I. Breaking down carcass

A. Beef carcass into primal cuts.
B. Lamb carcass into primal cuts.

II. Cutting roasts, steaks, etc.

A. Boning out short loin.
B. Cutting sirloin or tenderloin steaks.
C. Cutting loin lamb chops.
D. Cutting veal Porterhouse steaks.
E. Cutting pork chops.
F. Blocking out 7-rib roast of beef (prime rib).
G. Cutting and pounding boneless veal for cutlets.
H. Removing shoulder clod of beef.
I. Preparing short-ribs for cooking.
J. Cutting Swiss steak from beef round.
K. Preparing boneless stew meat for cooking.
L. Boning and rolling beef (lamb or veal) chuck roast.
M. Larding lean roast for cooking.
N. Boning beef trimmings.
O. Grinding beef (veal, pork) for loaf, patties, etc.
P. Breaking bones for stock pot.

III. Utilizing Specialty Meats

A. Preparing beef brains for cooking.
B. Preparing veal hearts for baking.
C. Stripping out sweetbreads.
D. Skinning and slicing calf liver.

IV. Using and Caring for Equipment

A. Using scales for accurate portioning.
B. Using boning knife.
C. Using steak knife.
D. Using hand saw.
E. Using cleaver.
F. Using power meat saw.
G. Grinding knife on power emery wheel.
H. Sharpening knife on oil stone.

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Department Culinary Occ. Date 5-12-65

Cul. Occ. 201AB	HOTEL, RESTAURANT, AND INSTITUTIONAL COOKING	8.8
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification _____
Number of Semesters 2
Number of Weeks Per Semester 18

Total Weeks Per Year 36

Number of Years 1

Sessions Per Week 5
Hours Per Session 3
Hours Per Week 15
Lecture or Theory 5
Laboratory 10
Total Hours (Course) 540
Lecture or Theory 180
Laboratory 360

Prerequisites: Recommendation of high school counselor. Acceptab e score on qualifying test. Concurrent enrollment in senior high school of Long Beach Unified School District.

Purpose of Course:

Students develop basic skills of commercial cooking including preparation of vegetables, salads, soups, sandwiches, entrees, pastries, and specialty dishes. Students develop knowledge of nutrition, menus, supplies, hygiene and sanitation, safety practices, and employer-employee relations.

Catalog Description:

Basic skills of commercial cooking including preparation of vegetables, salads, soups, sandwiches, entrees, pastries, and specialty dishes; basic knowledge of nutrition, menus, supplies, hygiene and sanitation, safety practices, and employer-employee relations.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.
(See next page)

Instructor(s)

Dean of Instruction

Department Head, Coordinator

Chairman, Vocational Area Committee

Course Name and Number HOTEL, RESTAURANT, AND INSTITUTIONAL COOKING
Cul. Occ. 201AB

I. Cook's Helper

A. Cleaning leafy type vegetables for storage.
B. Cleaning root and tuber type vegetables for storage.
C. Cleaning bud, flower, and stem type vegetables for storage.
D. Storing staple supplies in store-room.
E. Storing meats in refrigerator.
F. Packing fish box in deep-freeze.
G. Storing poultry and eggs.
H. Preparing leafy type vegetables for cooking.
I. Preparing root and tuber type vegetables for cooking.
J. Preparing bud, flower, and stem type vegetables for cooking.
K. Grinding meat for sausage.
L. Molding meat balls to specific size.
M. Blanching stew meat.
N. Straining soup stock.
O. Breading meats for frying.

II. Dish and Pot Washer

A. Washing chinaware by hand and machine.
B. Washing glass and silverware by hand.
C. Washing glass and silverware by machine.
D. Washing pots.
E. Washing kitchen machine units.

III. Kitchen Porter

A. Cleaning garbage can.
B. Scrubbing floor.
C. Cleaning benches and tables.
D. Cleaning sinks.
E. Cleaning broiler or salamander.
F. Cleaning stove.
G. Cleaning steam table.
H. Cleaning refrigerator.
I. Cleaning kitchen machines.

IV. Pantryman's Helper

A. Cleaning all types of vegetables for salads.
B. Cleaning all types of fruit for salads.
C. Cutting fruit and vegetables for salads.
D. Preparing garnishes for salads.
E. Assembling ingredients for salad dressing.
F. Slicing cold meats and cheese by machine.
G. Chopping vegetables for salads by machine.

LONG BEACH UNIFIED SCHOOL DISTRICT
LONG BEACH CITY COLLEGE

Course Information

Division BTD Department Garment Manuf. Date 12-1-63

GM 600	Industrial Sewing	3 (Eight Weeks)
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units

Smith-Hughes Classification
Number of Semesters
Number of Weeks Per Semester 8

Total Weeks Per Year

Number of Years

Sessions Per Week 5
Hours Per Session 4
Hours Per Week 20
Lecture or Theory
Laboratory 20
Total Hours (Course) 160
Lecture or Theory
Laboratory 160

Prerequisites:

Adaptability to the operation of power sewing equipment.

Purpose of Course:

To train applicants in the basic operation of power sewing equipment and to develop skills necessary for initial employment in the garment industry or allied fields.

Catalog Description:

Basic operation of power sewing equipment used in the garment manufacturing industry.

Course Content: Give major areas covered by entire course and subunits under each major area. Use additional sheet(s) as necessary. Include course number and title on each extra sheet used.

Instructor(s)

Dean of Instruction

Department Head, Coordinator, or Dean of School

Divisional Dean

Course Name and Number INDUSTRIAL SEWING GM600

COURSE CONTENT:

I. Orientation to Machine

- A. Safety instruction
- B. Description of machine being used
- C. Function of various parts of machine
  1. Foot control
  2. Knee control
  3. Pressure foot
  4. Bobbin
  5. Bobbin winder
  6. Needles
- D. Care and cleaning of machine

II. Initial Operation of Machines - Without Needle or Thread

- A. Straight line sewing
- B. Tacking
- C. Curves and circles
- D. Practice on control of machine operation

III. Operation of Machine with Needle and Thread

- A. Procedure to put in needle
- B. Threading technique
- C. Bobbin winding and installation
- D. Tension on thread
- E. Changing size of stitch
- F. Practice in straight line sewing, curves, circles, tacking, etc.

IV. Sewing Operations - Handling of Material - Single Needle Machine

- A. Straight seams
- B. Clean seaming
- C. Tack, long seam, tack (end of material comes out even)
- D. Band setting
- E. Pockets - pocket flaps, setting pockets
- F. Shirring and cording
- G. Hemming
- H. Collars (stay stitching), setting collars with innerlining
- I. Piping
- J. Gussets
- K. Sleeves
- L. Plackets
- M. Blouse facings
- N. Cuffs
- O. Setting zippers (side and rail rood)
- P. Darts
- Q. Matching material (plaids, etc.)

Course Name and Number INDUSTRIAL SEWING GM 600

V. Speed Drills and Practice on Sewing Operations

VI. Special Projects

A. Aprons
B. Capris
C. Blouses
D. Skirts

VII. Special Machines

A. Blind Stitch
B. Overlock and Sew Overlock

NOTE: Daily procedure includes review of previous day's operations plus speed drills and practice. Objective of class is to teach basic skills needed in garment manufacturing and to develop adequate speeds to insure minimum wage earnings within a short time once on the job.